

**Anat Ben-Zvi, Ph.D.**

**Description:**

I am a licensed clinical psychologist who specializes in the treatment of eating issues. I offer individual psychotherapy as well as group therapy and use a team approach to address major concerns, making sure that all medical and nutritional issues are attended to. I truly appreciate how difficult it can be to let go of an eating disorder, and understand that there is often major ambivalence about the prospect of recovery. Yet, I am committed to the process of recovery, despite its difficult and challenging moments. I have seen people recover from eating disorders, and have witnessed their unique journeys as they discovered new ways of coping and had important realizations about themselves and their relationships. I use several scientifically validated modes of therapy (Cognitive therapy, Dialectical-behavioral therapy, psychodynamic therapy) to help people achieve their goals. I also use worksheets that I have created to facilitate the process.

Address Line 1: 412 6th Ave. #701

Country: USA

State: New York

City: New York

Zip: 10011

Website: <http://www.dranat.com>